3 GOOD HEALTH AND WELL-BEING

ManoMandal: open conversations, Bidholi

10 September 2024 · Old Amphitheatre, Bidholi campus · Manoshakti

DATE	VENUE	ORGANISED BY	GUEST SPEAKER
10 September 2024	Old Amphitheatre, Bidholi	Manoshakti, the Emotional Wellbeing Club	Dr Veena Krishnan, Student Counsellor

About the event

ManoMandal, subtitled "Kuch Baatein, Kuch Kahaniyan", is a series of open conversations run by Manoshakti, the Emotional Wellbeing Club of UPES. Under the theme "Heartfelt Connections: Open Conversations for All", it sets out to peel away stress, much like peeling an orange, and make room for joyful, restful moments through real connection.

This first session, at the Old Amphitheatre in Bidholi, invited juniors and seniors to talk honestly about their experiences, challenges and successes at university, and to support one another in a friendly, inclusive setting. Participants wore orange as a symbol of warmth and positivity.

Student counsellor Dr Veena Krishnan joined as guest speaker, and the secretaries of four student clubs, the Infinity Space Club, AKS (the dramatics club), UPES Hypervision and the UPES Ozone Student Society, took part alongside Manoshakti.

IMPACT

Freshers found a safe space to talk, and a network of seniors and clubs ready to listen.

1st	4	₹1,184
session of the ManoMandal series	student clubs joined Manoshakti	total cost of the event

- New students heard first-hand how seniors coped with stress and setbacks.
- Students met the university counsellor in a relaxed, informal setting.

- Peer support was shown to be a shared responsibility across campus clubs.

Highlights

- A warm welcome and a short explanation of why emotional well-being matters set an open tone for the evening.
- An ice-breaker game with light-hearted questions got everyone talking early.
- Seniors shared their own university journeys, including the challenges they had overcome, giving freshers relatable advice and encouragement.
- Dr Veena Krishnan spoke about navigating university life, the value of mentorship, and keeping a balance between academics and well-being.
- A closing game and an informal jamming session let participants relax and bond.
- Seniors received a token of appreciation for sharing their stories.

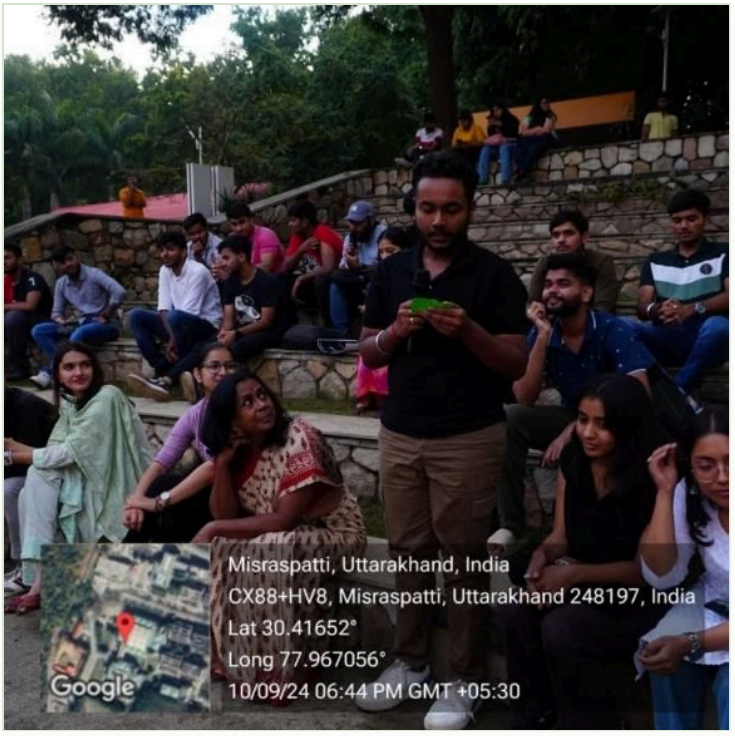
Photographs



Students gather at the Old Amphitheatre, Bidholi.



An interactive game breaks the ice.



Seniors and freshers in conversation.



The evening closes with games and music.

Mental health support for students **SDG 3 report**

UPES, Dehradun, Uttarakhand. UPES activity toward UN Sustainable Development Goal 3: Good Health and Well-being.